

# Jamie R.



**Certified Personal Trainer**  
**Team Member Since: 2009**

## Education & Certifications

- BA in Psychology from University of Washington
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Former UW Cheer and softball
- Sunny, tropical vacations
- Movies



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